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FOOD FOR THE SICK AND THE WELL



Thompson







1. *Leviathan* (1651) is a political treatise by Thomas Hobbes, an English philosopher.

FOOD FOR THE SICK AND THE WELL

How to Select It & How to Cook It



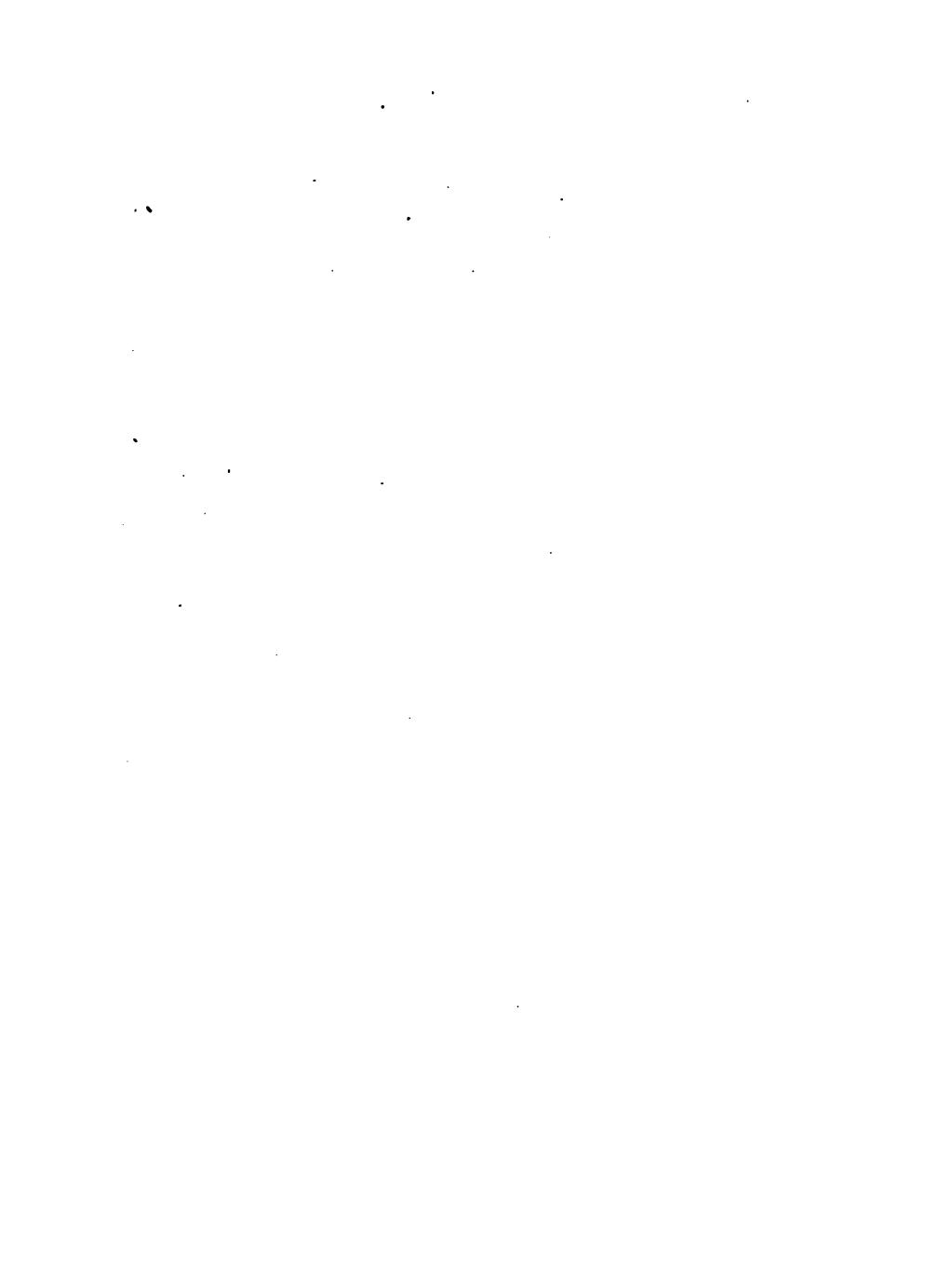
By Margaret J. Thompson, R. N.

Yonkers-on-Hudson, New York
WORLD BOOK COMPANY

1920

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FOREWORD

O mortals! You who live to eat
And never curb your appetite,
Who good Dame Nature's laws defeat
And so all mortal ills invite,
Be warned in time. Give your best powers
The impulse they so well deserve.
Right food will save you wretched hours,
Right living all your powers preserve.
Peruse these pages now with care
And find what comfort they will bring;
Delicious viands! Sumptuous fare!
Enough for workman, sage, or king.
Good Mother Nature ready stands
Her generous aid gladly to give
If you but follow her commands,
Her rules obey and eat to live.

MINNIE D. WILBUR

ACKNOWLEDGMENTS

THE recipes in this little book represent the culmination of many years of experience in arranging, changing, and adapting them so as to form a well-regulated diet for the sick, for convalescents, and for those who have impaired digestions, as well as for those who are well and wish to remain so.

In this work the author wishes to acknowledge the invaluable directions and assistance of Dr. William Gerry Morgan, Dr. William Earl Clark, and Dr. Camp Stanley.

M. J. T.

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INTRODUCTION

THIS practical little volume of recipes and suggestions on diet has been prepared at the earnest solicitation of the author's many friends and of the physicians who have entrusted to her care many of their patients.

Miss Thompson has had years of experience in the care and feeding of the sick, and during all that time she has been a close and earnest student of dietetics from a practical standpoint.

Every line within the covers of this book gives utterance to a truth which has been proved over and over again by the severe test of practical experience.

The housewife, as well as the physician and the nurse, will find in this volume a daily valuable help and guide in feeding those who are in ill health, as well as those who are trying to keep well.

WILLIAM GERRY MORGAN, M.D.

WASHINGTON, D.C.

Food for the Sick and the Well

GENERAL CONSIDERATIONS

FOOD AND HEALTH

THE three essentials to the correct alimentation of the human body are: the selection of foods which are pure and fresh; the right preparation of these; and, last and most important, the combination of the different classes of foods in such a manner that the menu will be correctly balanced. There is very little understanding among people generally as to this third important consideration in the feeding of the human body. We find at the tables of our friends meals that are good, well prepared, and attractively served; yet often there is too great a preponderance of one class of food. The digestive apparatus is unable to take care of so much food of one kind, and so the meal is rendered largely useless.

There is nothing to justify a one-sided diet for the normal individual. Experience and the result of scientific research have definitely determined that different kinds of food in proper proportion are best designed to keep the human body in health. There is much evidence that a

diet exclusively of animal foods leads to diseases of the kidneys, of the blood vessels, and perhaps of the heart. Yet the other extreme, an exclusively vegetable diet, causes a loss in bodily strength, and such a diet is believed by some to induce premature hardening of the arteries, simply because it contains such a large proportion of mineral salts. Also, dermatologists believe that a diet exclusively of cereals and vegetables produces rough, coarse skin, and so should be avoided.

A BALANCED MENU

The following may be taken as a general guide in the preparation of a well-balanced menu for an adult doing an average amount of physical or mental work:

Breakfast

Fruit

Cereal with cream and sugar

Eggs and bacon

Bread with butter

Tea, coffee, cocoa or chocolate, or water

Luncheon

Fresh fish, chicken, quail or grouse

One starchy vegetable

One green vegetable

Bread with butter

Baked or stewed fruit, or a salad

A glass of water

Dinner

Soup	Celery or salad
Fish or meats	Bread with butter
One starchy vegetable	Sweet dessert
Two green vegetables	A glass of water
	Demi-tasse, if desired

Honey, jam, marmalade, or other sweets, as well as olives, nuts, and toasted crackers and cream cheese, may be added to any menu for persons in health.

One of the most important items of the daily diet is plenty of pure, soft water. It is necessary for the healthy human adult to take into the stomach between 50 and 60 ounces — three to four pints — of fluid each day. This is in addition to about 25 ounces of water contained in solid food, and makes up the total of from 75 to 80 ounces which the body requires. Contrary to a belief that is sometimes met with, it is beneficial, rather than harmful, for most people to drink water with meals, provided it is not taken while food is being chewed; about eight ounces — half a pint — is the right quantity. A common cause for indigestion, foul breath, sallow complexion, and constipation is the failure to drink sufficient water. Other effects of drinking too little water are seen in loss of weight, concentration of the juices of the body, and retention of poisonous matters which are normally

excreted by the bowels, kidneys, breath, and skin. Many remoter results are too complicated to be discussed in such a work as this.

SUGGESTIONS AND CAUTIONS

Cooking should always be done with butter, never with lard or any lard compounds.

All cooked foods must be free from grease and acids.

Neither pepper nor vinegar is to be used. Lemon juice may be substituted for vinegar in salad dressings. No fats are to be used, except butter and cream.

The whites of boiled eggs may be served, if of a soft, jelly-like consistency; never hard.

All meats should be washed thoroughly, and they are to be broiled, baked, or stewed.

The only fish that should be served are bass, halibut, perch, sole, trout, and rockfish, as they have white meat and are free from oil.

Rice should always be cooked until it is so soft that each grain will make a paste if it is pressed between the fingers.

Not more than one starchy vegetable should be served at any meal.

When grape fruit or orange juice is served for breakfast, a slice of white or graham bread, or white or graham biscuit, should accompany it. The juice should be strained.

Generous portions of all dishes may be served.

RECIPES

BREAKFAST CEREALS

Preparation of Cereals

1 quart boiling water	1 teaspoonful salt
1 large cupful cereal	

Use a double boiler and cook continuously from four to six hours, or it is better to place in a fireless cooker after heating cereal to the boiling point and leave over night. The radiator of the cooker should be hot enough to sizzle water. Strain, and serve with cream and sugar if allowed.

All cereals should be prepared in this manner, including oatmeal (Scotch, put up by the Quaker Oats Company), cream of wheat, cream of farina, Ralston breakfast food, malted breakfast food, white and yellow corn meal.

BREADS

Wheat Bread

1 quart flour	1 teaspoonful sugar
2 cakes yeast	2 tablespoonfuls butter
1 pint milk	1 teaspoonful salt

Mix the milk, salt, butter, and sugar; heat until lukewarm; dissolve the yeast and stir into the mixture; if desired, an egg may be added. Pour the mixture over the flour, stirring together

thoroughly with a spoon. Put in a warm place to rise for two hours. Then knead only enough so that the mass can be molded into two small pans. Let rise for another two hours. Bake in a hot oven one hour.

Hot Rolls

1 quart flour	1 teaspoonful sugar
2 cakes yeast	2 tablespoonfuls butter
1 pint milk	1 teaspoonful salt
	1 egg

Mix the milk, salt, butter, and sugar; heat until lukewarm; dissolve the yeast and stir into the mixture; add one egg. Pour over the flour, stirring together thoroughly with a spoon. Put in a warm place to rise for two hours, then mold into rolls and let rise for another two hours. Bake in a hot oven from 20 to 30 minutes.

Baking-powder Biscuit

1 quart flour	2 teaspoonfuls baking powder
1 teaspoonful salt	1 beaten egg
1 teaspoonful sugar	1 $\frac{1}{2}$ cups milk
	2 heaping tablespoonfuls butter

Rub the baking powder and butter into the flour, to which the salt and sugar have been added; stir in the milk and egg. Turn on the *baking board*, folding over with the hand. This

dough should be light and very soft, and should not be kneaded at all. Cut with a biscuit cutter, and bake in a hot oven from 20 to 30 minutes.

Waffles

1 pint flour	3 eggs
1 teaspoonful baking	1 $\frac{1}{2}$ cups milk
powder	1 tablespoonful melted
$\frac{1}{2}$ teaspoonful salt	butter

Mix in the order given, saving the whites of the eggs until the last. Bake until brown.

Popovers, No. 1

2 eggs	2 cups flour
2 cups milk	1 teaspoonful salt

Beat the eggs until very light, without separating them; add the milk by stirring. Pour the mixture over the flour, to which the salt has been added; beat until very light and smooth; strain through a sieve. Heat cups until quite warm; grease cups with butter; half fill them with batter and bake from 20 to 30 minutes in a hot oven.

Popovers, No. 2

1 egg	1 cupful flour
1 cupful milk	1 pinch salt

Beat well together; bake in cups, in a quick oven, for 30 minutes.

Graham Muffins

1 egg	2 tablespoonfuls melted butter
1 teaspoonful salt	1 $\frac{1}{4}$ cups white flour
2 cups milk	1 $\frac{1}{4}$ cups graham flour
	2 teaspoonfuls baking powder

To the beaten egg, add the salt and milk; stir in the flour and the butter; add the baking powder. Bake in a hot oven until brown — about 20 minutes.

White Muffins

1 egg	2 tablespoonfuls melted butter
1 teaspoonful salt	2 $\frac{1}{2}$ cups white flour
2 cups milk	2 teaspoonfuls baking powder

Beat the egg and add the salt and milk; stir in the flour and butter; add the baking powder. Bake in a hot oven until brown — about 20 minutes.

Rice Muffins

1 egg	2 tablespoonfuls melted butter
1 teaspoonful salt	1 $\frac{1}{4}$ cups white flour
2 cups milk	1 $\frac{1}{4}$ cups cooked rice
	2 tablespoonfuls baking powder

To the beaten egg, add the salt and milk; stir in the rice, flour, and butter; add the baking powder. Bake in a hot oven until brown — about 20 minutes.

Spoon Corn Bread

4 eggs	1 pint milk
1 cup meal	1 lump butter, size of a walnut
	1 pinch salt

Heat the milk and stir the meal in. Cook five or ten minutes, heating until smooth. Remove from the fire and add butter and salt. When cool, add the beaten yolks; lastly, beat the whites well and stir in lightly. Bake in a moderate oven for 30 minutes.

Toast

Take bread a day old; toast slowly to a light brown. Serve immediately — the butter separately.

Hot-water Toast

Spread two slices of dry toast with butter and pour over them half a cupful of salted hot water; serve immediately.

Milk Toast

1 cup milk	1 tablespoonful melted butter
2 slices dry toast	1 teaspoonful flour
	1 pinch salt

Scald the milk. To the melted butter and flour add the milk slowly, stirring until smooth. Allow it to come to a boil; add the salt. Pour over the toast and allow to stand five minutes; serve.

Cream Toast

1 cup milk and cream mixed	1 tablespoonful butter
2 slices dry toast	1 teaspoonful flour
	1 pinch salt

Melt the butter in a saucepan and add the flour. Scald the milk and cream and pour over the flour slowly, stirring until smooth. Allow to boil and add the salt. Pour over the toast and allow to stand five minutes; serve.

Eggs**Jellied or Coddled Eggs**

Put the eggs into a saucepan filled with boiling water; cover; allow to stand where the water will keep at a fairly even temperature, from eight to ten minutes, depending upon the size of the eggs. Break the eggs into hot cups; serve immediately.

Hard-boiled Eggs

Cover with hot water and boil for 30 minutes. Make the yolks into paste or use them for sandwiches. Never serve the whites of hard-boiled eggs in any form to persons who are ill.

Scrambled Eggs

1 egg	1 pinch salt
1 tablespoonful milk	1 teaspoonful butter

Break the egg into a bowl and stir lightly with a fork, mixing the white and yolk; add the milk; place in a double boiler. Heat the mixture; add the butter and salt, stirring constantly until the egg is smooth and soft as gelatine. Serve on toast or toasted crackers.

Poached Eggs

Break the egg into a saucepan of boiling water to which a little salt has been added; cook on a very low fire until the white is set. Remove from the water with a perforated skimmer. Serve on toast at once. The water should be kept at nearly boiling temperature, but should not boil while the egg is being poached.

Plain Omelet

2 eggs	1 pinch salt
1 tablespoonful water	$\frac{1}{2}$ teaspoonful butter

Beat the eggs very light, yolks and whites separately, add the water and salt to the yolks, fold in the whites; melt the butter in a frying pan; pour the eggs into the pan; brown carefully; fold over and serve on hot platter.

Ham Omelet

Make like the plain omelet, adding $\frac{1}{4}$ cup of mixed or ground ham. When folded over and served, the ham will be completely concealed.

SOUPS

Soup-stock

The best soup-stock is made from the necks and shoulders of lamb or veal, but not from beef, except for special cases. Have the butcher chop the meat into large pieces; wash thoroughly. Cover with cold water; boil slowly for several hours, or until the meat drops from the bones. Strain through a colander and allow to stand over night. In the morning, skim every particle of grease. This stock, heated, makes a nourishing plain broth. One half milk with one half of this stock forms the base for many thick, nourishing soups.

Special Broth

To half a cupful of the soup-stock, add the yolk of an egg and half a cupful of milk. Bring to a boil; salt to taste; serve. This makes a broth which is frequently ordered by stomach specialists.

Purée of Asparagus

1 can asparagus tips	2 tablespoonfuls flour
1 quart soup-stock	1 quart milk

Put the asparagus tips through a colander; add them to the hot soup-stock and milk; bring to a boil; salt to taste; serve.

Purée of Peas

1 can of peas, or 2 tablespoonfuls flour
1 quart fresh peas 1 quart milk
1 quart soup-stock

If fresh peas are used, pick them over, wash, and soak over night in cold water. Put them in cold water and bring to a boil; allow to simmer until soft. Rub through a sieve and add to the combined hot soup-stock and milk. Bring to a boil; salt to taste; serve.

Purée of Spinach

1 cup cooked, ground spinach 1 quart milk
1 cup soup-stock 2 tablespoonfuls flour

Mix the flour with a little cold milk. Add the spinach to the combined hot stock and milk. Bring to a boil; strain; salt to taste; serve.

Purée of Tapioca

1 cup pearl tapioca 1 quart milk
1 tablespoonful flour 1 quart soup-stock
1 cup cream

Soak the tapioca over night; cook it in the soup-stock for $\frac{1}{2}$ hour or until the tapioca is clear and then add the milk. Thicken with the flour; salt to taste; serve.

Purée of Rice

1 cup rice	1 quart milk
	1 quart soup-stock

Wash the rice, cover with cold water, and soak over night. Drain, and put in double boiler with the stock; boil four hours. Add the milk; again bring to a boil; salt to taste; serve.

Cream of Potato Soup

4 medium-sized potatoes	1 tablespoonful flour
1 quart milk	1 teaspoonful salt
	1 tablespoonful butter

Boil the potatoes, mash, and add the milk. Moisten the butter, flour, and salt with a little cold milk, rubbing them together, and add to the potatoes; bring to a boil. Strain through a fine sieve or cheesecloth; return to the fire; serve hot.

Creamed Corn Soup

1 can kernel corn	1 tablespoonful flour
1 quart milk	1 teaspoonful salt
	1 tablespoonful butter

Rub the butter, flour, and salt together; add them to the corn and milk. Boil 15 minutes, stirring constantly. Strain; heat again; serve.

Cream of Celery

1 cup celery pieces	1 tablespoonful butter
1 pint water	1 tablespoonful flour
1 pint milk	1 teaspoonful salt
1 cup cream	

Wash the celery thoroughly; cook until soft; strain through a cheesecloth. Rub the flour and butter together, moisten, and add them to the liquid. Pour in the cream; bring to a boil; add the salt; serve.

Cream of Clam Soup

1 pint shelled clams	1 cupful cream
1 quart milk	1 tablespoonful butter
1 teaspoonful salt	1 tablespoonful flour

Cook the clams five minutes; drain; allow the clam juice to stand and settle. Remove all the hard part of the clams. Put the soft part through a meat grinder; pour the clam juice over the ground mass. Put the milk, butter, flour, salt, and cream into a double boiler; cook until the mixture thickens. Add the ground clams and juice; serve at once.

Chicken Soup

Select young fowl weighing three or four pounds. Cut into pieces; cover with cold water,

adding one teaspoonful of salt to the quart; cook until the meat falls from the bones. Strain and allow to cool; skim off all grease. Take equal parts of this stock and milk; thicken with a little flour; add well-cooked rice, tapioca, noodles, or pearl-barley. Boil thoroughly.

MEATS

Rib Roast Beef

The second cut should be taken, as it is tenderest and juiciest. Wipe with a clean cloth and rub over with salt. Place in an open pan in a hot oven and cook for 10 or 15 minutes to the pound. After it is well seared over, add a small amount of hot water to prevent burning. If gravy is desired, separate the grease, add water to it, and thicken with flour.

Scraped Beef Cakes

Scrape one pound of round or sirloin with side of spoon. Mold into cakes half an inch thick; rub with salt and broil very lightly. Add a little butter; serve at once on a hot plate.

Steak

Use the porterhouse cut. Wipe with a clean piece of cheesecloth. Broil over red coals or

under a gas flame. This will take from 10 to 15 minutes if the steak is thick. Keep near the flame or coals at first; when seared over on one side, turn the meat on the broiler. The blood should run from steak when cut. Sprinkle with salt; spread with butter; serve on a hot plate.

Lamb Chops

Wipe with a clean piece of cloth; broil over coals or under a gas flame for 10 or 15 minutes. Sprinkle with salt; spread with butter; serve on a hot plate.

Roast Lamb

The meat should be washed thoroughly, put in a double roaster, and kept in a moderately hot oven for from 2 to $2\frac{1}{2}$ hours, according to weight. Add water after the lamb has been cooking 30 minutes. Remove the meat. If gravy is desired, skim off the grease, thicken with flour, and boil thoroughly. Spring lamb need be cooked only from $1\frac{1}{2}$ to 2 hours.

Lamb Stew

Select the shoulder or any lean part; wash thoroughly. Cut into three-inch pieces, removing as much of the fat as possible. Cover with hot water, adding one teaspoonful of salt for each quart. Stew slowly until very tender.

Remove all grease. Thicken the liquor with cooked rice or thoroughly cooked white flour.

Stewed Chicken

Cut in pieces, removing as much of the fat as possible, and wash thoroughly. Cover with hot water, adding one teaspoonful of salt for each quart. Stew slowly until tender. Remove all grease. A gravy made of the liquor, or a cream sauce, may be used.

Cream Sauce

1 tablespoonful butter	1 cupful milk
1 tablespoonful flour	$\frac{1}{2}$ teaspoonful salt

Melt the butter, being careful not to brown it. Add the flour and stir until smooth. Add the milk gradually, stirring constantly until it boils. If desired richer, add some butter and use part cream and part milk. The sauce may be used for vegetables, chicken, fish, sweetbreads, etc.

Roast Chicken

Select large, tender young chicken. Wash thoroughly and rub inside and out with salt and butter. This improves the flavor. Bake in a moderately hot oven for two hours, or longer according to the weight of the chicken. When

the chicken has become brown, add enough water to prevent burning.

Smothered Chicken

Select tender young chicken. Split down the back, and rub with salt and a little butter. Place in double roaster with a little water; cook for an hour and a half. Remove the chicken. If gravy is desired, skim off the grease; thicken with flour and boil. Pour over the chicken and serve.

Broiled Chicken

Wash thoroughly and rub over with salt and a little butter; broil over red coals or under a gas flame. Hold near the coals or flame and turn constantly. When done, spread with butter; serve on a hot platter.

Creamed Chicken

Take a cupful of cold boiled or roast chicken; cut into small pieces; add a cream sauce; heat and serve.

Chicken Timbale

Put raw breast meat through a meat chopper set very fine. To two cupfuls of meat add half of the beaten white of an egg. Rub to a smooth paste; add gradually a quarter cup of cream;

season with salt. Turn into buttered custard cups; cover with buttered paper; set in a pan of hot water. Bake from 12 to 15 minutes; serve immediately with cream sauce.

Chicken Panade

1 cupful ground chicken	Salt
Chicken broth	$\frac{1}{2}$ cupful cracker crumbs

Rub the chicken (roasted or stewed chicken, ground) into a paste, adding enough of the broth to give the consistency of thick gruel. Add the cracker crumbs; boil one minute; serve hot.

Chicken Custard

1 cup cream or milk	2 eggs
1 cup chicken broth	Salt

Beat the eggs well and stir thoroughly into the combined milk and broth. Cook in double boiler until slightly thickened; salt to taste. Pour into custard cups; serve cold.

Chicken Soufflé

$\frac{1}{2}$ cup chopped chicken	1 teaspoonful flour
$\frac{1}{2}$ cup milk or cream	1 egg
2 tablespoonfuls fine cracker crumbs	1 teaspoonful butter Salt

Melt the butter in a saucepan, add the flour, and cook until smooth and frothy. Pour milk in

gradually, stirring constantly; put in cracker crumbs; cook one minute. Remove from the fire; add chicken which has been chopped fine or ground, and the beaten yellow of the egg. When this mixture is cold, stir in the beaten white of the egg; salt to taste. Turn into buttered custard cups; bake 20 minutes in a moderate oven; serve at once.

Chicken Jelly

1 chicken	Celery — a few pieces
1 tablespoonful granulated gelatine	1 egg
	Salt

Select a three-pound young chicken; cut into pieces; wash thoroughly; put into a saucepan; cover with cold water, adding a teaspoonful of salt to each quart. Boil two hours, then remove the skin and bones. Return the bones to the liquor and cook an hour longer. Remove from the fire; strain, and leave to cool over night. In the morning, skim off the grease; turn the liquor into a saucepan; add one tablespoonful of granulated gelatine. Place on fire; add a few pieces of celery and the white and shell of one egg; salt to taste. Allow the mixture to come to a boil; remove from the fire, and strain through two thicknesses of cheesecloth. Grind or chop the chicken fine; add it to the liquor. Pour into small molds; set on ice to harden; serve.

Roast Turkey

Select a plump, young hen turkey, weighing seven to nine pounds. Draw; singe, and rinse thoroughly; wipe both inside and outside carefully; cut the oil bag out of the tail. Rub the turkey inside and out with butter and salt. Put in a double roasting pan in a very hot oven; add water enough to prevent burning; baste frequently or every 15 minutes. Half an hour before taking from the oven, turn the breast downward. A nine-pound turkey will cook in an hour and a half. Be careful not to stick a fork into the breast of the turkey while cooking.

For gravy, mix two tablespoonfuls of flour with cold water; add to the liquor in which the turkey was roasted; cook 10 minutes.

Boiled Turkey

Skin and draw; wrap in a towel over which flour has been shaken. Put into a kettle of boiling water, adding a teaspoonful of salt for each quart of water; boil steadily until cooked—for an average-sized bird from two to three hours. Add a cupful of chopped celery to the liquor; serve with white sauce; garnish with parsley, if desired.

Roast Duck

Wash young ducks thoroughly and rub with salt. Bake in a hot oven from an hour and a half to two hours, basting frequently.

Capons

Select young capons; wash thoroughly and rub over with salt. Bake in a hot oven from about an hour and a half to two hours, basting frequently.

Squab or Quail en Casserole

Wash thoroughly. Rub with salt, using butter inside and out. Place in a casserole, with a little hot water. Bake one hour in a moderately hot oven.

Broiled Squab or Quail

Split down the back and wash thoroughly; rub both sides with salt and butter. Broil from 10 to 15 minutes, turning occasionally; serve on toast on a hot plate.

Preparation of Sweetbreads

Wash and soak for an hour in cold salt water; drain off and parboil for 20 minutes; take from the fire and drop in cold water. Remove the skin and pipes; wipe dry; split lengthwise.

Broiled Sweetbreads

After preparing as directed, rub with butter and a little salt; broil until brown; serve on buttered toast on a hot plate or with cream sauce.

Creamed Sweetbreads

After preparing as directed, cut into half-inch pieces; stir into a rich cream sauce; salt to taste; heat, and serve on toast.

Escalloped Sweetbreads

After preparing as directed, cut into half-inch pieces; cover with a rich cream sauce. Put in ramekins; dust with cracker crumbs; bake 20 minutes; serve.

Scrambled Calves' Brains

1 set brains	2 tablespoonfuls milk
1 egg	Salt

Soak the brains in salt water for two hours; scramble with the egg and milk in a double boiler. Salt to taste; serve on hot toast on a warm plate.

Boiled Ham

Select a nine-pound ham of any good brand; soak over night in cold water. Boil slowly five hours; remove from fire and let stand in liquor

12 to 24 hours. Peel off the skin; sprinkle with brown sugar; bake in a slow oven from one to two hours.

Broiled Raw Ham

Select thin slices of raw ham and soak from four to six hours, or place in a pan of cold water and bring to a boil. Drain off the water. Broil over coals or under a gas flame till light brown. Cold boiled ham may be broiled in the same way.

Broiled Bacon

Take thin slices of select bacon; remove the rind and place on fire in a pan of cold water; allow to come to a boil. Drain off the water. Broil over coals or under a gas flame till light brown, but not crisp.

Aspic

2 pounds veal	1 pound lean beef
2 split and blanched calves' feet	1 quart of water
1 large carrot	

The beef should be from the fore quarter of a freshly killed animal. Cut up fine the veal and the beef; put together in a saucepan; add two quarts of water; allow to simmer for three hours. Add the carrot cut in small pieces, and allow to simmer one hour longer. Skim frequently while

cooking. Strain through cheesecloth. Allow to cool and harden. When cold, remove any grease from the top. Break up the jelly and beat in the crushed shells and whites of two eggs. Allow to melt gradually over the fire. When the mixture has simmered 10 minutes, remove from the fire and strain again, when it will be perfectly clear. If it is not firm enough when first cool, boil longer. Allow to cool and harden again. Serve in cups or on lettuce leaves.

FISH

For invalids, only fish free of oil and having white meat are to be used; namely, rockfish, bass, halibut, perch, sole, and trout.

Boiled Fish

Wash in cold water and soak in ice water for an hour; wipe carefully and rub with salt. Wrap in cheesecloth and put in a long baking pan or fish kettle half filled with boiling water to which a teaspoonful of salt has been added for each quart; add a slice or two of lemon. Cover, and allow to simmer gently 10 minutes for each pound of fish. Lift carefully, drain, and turn on platter. Serve with cream sauce; garnish with parsley. This recipe applies to all kinds of fish.

Baked Fish

Wash and dry thoroughly; rub with butter and salt. Bake in a hot oven for one hour, basting frequently with liquor from the pan. Transfer carefully to a platter; garnish with parsley and sliced lemon; serve hot.

Broiled Fish

Split down the back; wash and dry carefully; rub with butter and salt. Broil over coals or under the flame of a gas stove until well browned. For a fish of ordinary size, this will require from 20 to 30 minutes. If the broiler of a gas stove is used, rub an ordinary baking pan with butter, put the fish in with skin side down, and broil until well browned. Remove, and place in the oven for 10 or 15 minutes. Serve on a hot plate.

Fish Soufflé

$\frac{1}{2}$ cupful finely chopped fish	1 tablespoonful butter
1 egg	4 tablespoonfuls milk or cream

Salt

Melt the butter and pour it over the fish; season with salt; pour into buttered custard cups. Place the cups in a pan of hot water and bake 20 minutes in a hot oven. Serve with or without a cream sauce.

CEREALS AND STARCHY VEGETABLES**Baked Potatoes**

Select medium potatoes of uniform size; scrub with vegetable brush; place in a very hot oven and bake from 40 to 60 minutes. When the potatoes are soft, puncture each with a fork or break open. This allows the steam to escape and keeps the potatoes dry.

Twice-baked Potatoes

Select medium potatoes; wash thoroughly; place in a very hot oven and bake from 40 to 60 minutes. When done, break open; remove from skin and put through a potato ricer. Add salt, butter, and cream; beat until light and creamy. Put into a baking dish or into the skins of the potatoes. Return to the oven and bake 15 minutes.

Mashed Potatoes

Wash and pare potatoes; boil until tender; put through a ricer. To each pound of potatoes add a tablespoonful of butter, half a teaspoonful of salt, and a little hot milk or cream. Beat with a spoon until light and creamy. Put in a baking dish and bake for 10 minutes in a moderate oven.

Creamed Potatoes

Wash and pare potatoes; let them stand in cold water for half an hour. Cut into $\frac{1}{2}$ -inch cubes until a cupful is obtained. Cover with boiling water; add a teaspoonful of salt; boil. When tender, drain and cover with two thirds of a cupful of cream sauce; serve hot.

Potatoes au Gratin

Wash and pare potatoes; allow them to stand in cold water for half an hour. Cut into $\frac{1}{2}$ -inch pieces until a cupful is obtained; cover with boiling water; add a teaspoonful of salt; boil. When tender, drain and pour over them two thirds of a cupful of cream sauce. Grate cheese over the top and bake 20 minutes; serve at once.

Macaroni

Boil macaroni six hours or until very soft, in salted water, in a fireless cooker or double boiler; remove from fire and drain off the water. To one quart of the cooked macaroni add one cupful of milk or cream and half a tablespoonful of butter; serve hot.

Baked Macaroni with Grated Cheese

1 quart boiled maca- roni	2 tablespoonfuls grated cheese
1 egg	Salt
1 cupful milk or cream	2 tablespoonfuls butter

Melt the butter in a saucepan; put the chopped macaroni in; add the milk gradually, stirring constantly; salt to taste; add a little grated cheese; bake for 10 minutes in a hot oven; serve hot.

Spaghetti

Boil spaghetti six hours or until very soft, in salted water, in a fireless cooker or double boiler. Remove from fire and drain off the water. To one quart of the cooked spaghetti add a cupful of milk or cream and half a tablespoonful of butter. Serve hot.

Baked Spaghetti

1 quart cooked spaghetti	1 cupful milk or cream
1 egg	Salt
1 tablespoonful butter	Cheese

Chop the cooked spaghetti; melt the butter in a saucepan and put the spaghetti in; pour in the milk, stirring constantly; salt to taste; add a little cheese. Bake 10 minutes in a hot oven; serve hot.

Hominy Grits

Boil the grits six hours in salted water, in a fireless cooker or double boiler; remove from the fire and drain. To one quart of the cooked grits add one cupful of milk or cream and half a tablespoonful of butter; serve hot.

Baked Hominy Grits

1 quart cooked grits	1 cupful cream or milk
1 egg	Salt
1 tablespoonful butter	Grated cheese

Melt the butter in a saucepan; put in the cooked grits; pour the milk in gradually, stirring constantly; salt to taste; add a little grated cheese. Bake for 10 minutes in a hot oven; serve hot.

Boiled Rice

Wash a cupful of rice and boil hard for 45 minutes in deep water that has been salted. Drain in colander; allow cold water to run over it. Put into a steamer and allow to steam from three and a half to four hours. Rice prepared in this way is soft and each grain stands out. Serve as a vegetable, in place of potato.

Rice should always be cooked until sufficiently soft to make a paste if mashed between the fingers.

Baked Rice

4 cupfuls boiled rice	1 pinch salt
1 beaten egg	1 teaspoonful butter
$\frac{1}{2}$ cupful cream and milk mixed	

Mix the ingredients; put into ramekins or a baking dish; bake for 10 minutes in a hot oven. Cheese may be added, if included in the diet.

GREEN VEGETABLES

Spinach

Select tender young spinach; cut off the roots; remove all grit by washing thoroughly in hot water three times; put in a large saucepan; add a teaspoonful of salt; cook from 20 to 30 minutes. Remove from the fire and drain in a colander; put through a meat grinder or chop very fine in a chopping bowl. Season with two tablespoonfuls of butter; add enough of the liquor to make the spinach soft; serve hot.

Creamed Spinach

1 cupful minced cooked	$\frac{1}{2}$ pint milk, or equal part
spinach	milk and cream
2 tablespoonfuls butter	1 tablespoonful flour
	1 teaspoonful salt

Melt the butter in a saucepan and add the flour, stirring until frothy. Add the spinach and the salt; cook five minutes. Add the milk; cook three minutes; serve. Soup-stock may be used instead of cream.

Young Beet-top Greens

1 cupful minced, cooked, young beet-top greens	
$\frac{1}{2}$ pint milk or equal parts milk or cream	
2 tablespoonfuls butter	1 tablespoonful flour
	1 teaspoonful salt

Melt the butter in a saucepan; add the flour, stirring until frothy. Add the minced beet-top greens; salt to taste; cook five minutes. Add the milk; cook three minutes longer; serve hot. Soup-stock may be used instead of cream.

Asparagus

Scrape the heavy part of the stalk; wash three times in hot water; place in a large saucepan, with the heads all one way. Boil from 20 to 30 minutes if the asparagus is young, or boil longer if it is old. This may be served on toast, with butter or with a cream sauce.

Peas

1 pint peas	1 tablespoonful butter
½ teaspoonful salt	1 teaspoonful sugar

Select young peas; wash thoroughly and shell. Boil the pods 10 minutes, then skim them out and put the peas into the water. Boil slowly, uncovered, from 20 to 30 minutes, or until tender. When almost done add the salt, butter, and sugar; cook 10 minutes longer. If there is more water than needed, drain before seasoning. Cream may be added, if desired. Old peas should never be served to invalids, unless rubbed through a sieve and served as a purée.

Green Beans

Remove the strings; if necessary, cut with a sharp knife rather than leave any strings; cut into one or two inch pieces. Soak until tender, in cold water to which a pinch of baking soda has been added. Put into a saucepan and cover with boiling water, adding a teaspoonful of salt for each quart. Boil from 30 to 60 minutes, leaving the cover partly removed. Turn into colander and cover with cold water; when thoroughly drained, return to saucepan; add half a cupful of water or cream, half a teaspoonful of salt, and one tablespoonful of butter; cook 10 or 15 minutes longer, stirring constantly; serve hot.

For a person who is ill, beans should be put through a meat grinder, or chopped fine, before the seasoning is added.

Lima Beans

Cover one pint of shelled beans with boiling water; boil rapidly for from 20 to 30 minutes. Allow to simmer from 50 to 60 minutes; pour off the water; season with salt and butter; add cream, if desired. Serve. For a sick person, the beans should be skinned and mashed.

Butter Beans

Cover one pint of shelled beans with boiling water; boil quickly for 15 or 20 minutes. Then

allow to simmer from 50 to 60 minutes; pour off the water; season with salt and butter; add cream, if desired. For a person who is ill, the beans should be skinned and mashed.

Carrots

Select young carrots; scrape and wash; cut into thin slices or dice. Place in a saucepan of boiling water to which a teaspoonful of salt has been added for each quart; boil until tender. Young carrots should cook from 40 to 50 minutes. Drain and cover with cream. Add one teaspoonful of butter and one teaspoonful of sugar to each pint of carrots. Half a cupful of water or of meat stock may be used in place of cream. Heat and serve immediately.

Parsnips

These are best in the early spring, after having been in the ground all winter. Wash thoroughly and boil in salted water until tender; scrape off the skin; cut into slices; season with butter. Freshly pulled young parsnips will cook in 25 minutes. Old ones require from 50 to 60 minutes.

Escalloped Parsnips

Wash thoroughly and boil in salted water until tender; scrape off the skin, and cut into

dice; season with butter. To a pint of dice add a cupful of cream and one teaspoonful of flour; stir the flour into the cream until smooth. Bake in an oven for 20 minutes. Carrots may be prepared in the same way.

Boiled Celery

Wash thoroughly; remove the leaves, and scrape; cut into half-inch pieces. If the celery is not crisp, soak in cold water to which a pinch of soda has been added. Drain, and drop into boiling water to which half a teaspoonful of salt has been added for each quart. Boil rapidly for an hour. Pour off the hot water; dash with cold water, and drain; put back into the saucepan. Add a teaspoonful of butter to each pint of celery; salt to taste; cover, and cook slowly from 15 to 20 minutes, shaking the pan frequently. Serve hot. If creamed celery is desired, add cream sauce.

Boiled Onions

Peel onions from the root to the top, holding them under water so that the eyes will not be affected. Rinse in cold water and put into a saucepan. Cover well with boiling water, adding a teaspoonful of salt for each quart. Boil rapidly for one hour; drain off the water; cover the

onions with hot sweet milk, half a pint to each pint of onions. Take a tablespoonful of butter and one level tablespoonful of flour; stir these into half a cupful of milk taken from the onions; when smooth, stir into the onions. Cook a few minutes and serve hot.

Creamed Cauliflower

Remove all the green leaves and most of the stalk; place top down in a quart of cold water containing salt; soak for an hour or longer. Put into a large saucepan, stem down; cover well with boiling water to which a teaspoonful of salt has been added. Boil gently from 30 to 40 minutes, according to size; when done, drain. Serve the clusters with hot cream sauce or melted butter.

Brussels Sprouts

Remove all wrinkled or yellow leaves and cut the stalk close to the head. Soak in cold water with a pinch of soda for an hour or longer. Drain well and put into a granite saucepan with plenty of boiling water, containing one half teaspoonful of salt to each quart of water. Boil rapidly from 30 to 40 minutes. Turn into a colander, pour cold water over the sprouts, reheat them, and serve with melted butter.

Boiled Cucumbers

Peel, halve, and quarter the cucumbers, and scoop out the seeds with a spoon. Cut into dice, put in a saucepan of boiling salted water, and boil from 30 to 60 minutes, or until perfectly tender. Drain through a colander and serve with hot cream sauce.

Cymling, Summer and Winter Squash

Wash and peel. Remove the seeds and cut into small pieces. Put into boiling water; add a teaspoonful of salt to a quart of water. Boil until tender, and strain. Mash through a coarse sieve. Season with salt and butter and add one beaten egg, a little cream, and one tablespoonful of butter, and reheat five minutes. Serve hot. This is very delicious.

Kernel Corn Pudding

1 can kernel corn	1 tablespoonful butter
1 beaten egg	2 tablespoonfuls cracker crumbs
1 cupful cream	Salt

Mix the ingredients together and bake in a hot oven for 20 minutes.

French or Burr Artichokes

Peel off the leaves around the stem. Cut the stem even with the artichoke. Boil in salt water from 20 to 50 minutes. Serve hot, with butter.

Escalloped Egg Plant

1 medium-sized egg plant	1 cupful milk or cream
1 egg	1 tablespoonful butter
Salt	

Pare the egg plant; cut into small pieces; cover with boiling salted water. Boil from 30 to 40 minutes or until tender; remove from fire. Put through a coarse sieve, then beat thoroughly. Stir in one well-beaten egg, a cup of milk or cream, and the butter; salt to taste. Pour into a baking dish; cover with cracker or bread crumbs and place in a hot oven from 20 to 30 minutes. Serve hot.

SALADS**Salad Dressing**

All salad dressing for invalids should be made with olive oil, lemon juice, and a little salt. Mayonnaise may sometimes be used, but neither pepper nor mustard should be added to the dressing, and lemon juice should be used in place of vinegar.

Mayonnaise Dressing

1 yolk of egg	1/2 teaspoonful salt
1 pint olive oil	1 tablespoonful lemon juice

Beat the yolk of the egg with a silver fork; add the salt; mix well together. Add the oil

drop by drop until the mixture is of a thick consistency; then the oil may be added faster. When the mixture becomes too thick to work well, add the lemon juice little by little; then add some oil; continue so, adding alternately lemon juice and oil until all used. The egg, oil, and juice should always be cold.

French Dressing

1 tablespoonful olive oil $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{2}$ lemon

Add a little lemon juice to olive oil and mix thoroughly; add a pinch of salt. This will serve two salads.

Grapefruit Salad

Remove the seeds and scoop out the grapefruit. Place on lettuce or romaine leaves; serve immediately with French dressing.

Endive Salad

Chop the endive and spread it over lettuce leaves; serve with French dressing.

Chopped-apple Salad

If apple is allowed in the diet, chop fine and mix with chopped celery. Place on lettuce or ~~one~~ leaves; serve with French dressing.

Chopped-pear Salad

Chop the pears and mix with chopped celery. Place on lettuce or romaine leaves; serve with French dressing.

Chopped-pineapple Salad

Pare the pineapple; remove the eyes; slice thin, and cut out the hard centers. Chop fine and mix with chopped celery; place on lettuce or romaine leaves; serve with French dressing.

Chicory Salad

Pick over the chicory and keep in cold water until crisp; drain; shake in a cloth until dry. Place on lettuce or romaine leaves; serve with French dressing.

Celery Salad

Wash the celery and soak the inner part in cold water for 30 minutes; dry by shaking in a towel; chop. Place on lettuce or romaine leaves; serve with French dressing.

Crackers and Cheese

Toasted crackers and Philadelphia cream cheese may be served with all salads.

Mayonnaise dressing, if allowed in the diet, may be served with all these salads.

DESSERTS

Boiled Coffee Soufflé

1 quart milk	1 cupful strong coffee
4 eggs	Sugar to taste
½ teaspoonful salt	3 tablespoonfuls granulated gelatine

Put the milk, coffee, sugar, gelatine, and salt into a double boiler; bring to a boil, stirring occasionally. Beat the whites and yolks of the eggs separately. Remove the boiler from the fire and pour over the beaten yolks; return to the fire and cook, stirring constantly until the mixture begins to thicken. Allow it to cool partially; pour over the beaten whites; stir all thoroughly. Pour into small molds or a single large one; place on ice to cool and harden; serve with cream, if allowed.

Boiled Chocolate Soufflé

1 quart milk	2 small squares chocolate, grated
4 eggs	Sugar to taste
1 pinch salt	2 tablespoonfuls granulated gelatine

Put the milk, chocolate, sugar, gelatine, and salt into a double boiler; bring to a boil, stirring occasionally. Beat the whites and yolks of the eggs separately. Remove the boiler from the fire and pour over the beaten yolks; return to

the fire and cook, stirring constantly until the mixture begins to thicken. Allow it to cool partially, and pour over the beaten whites; stir thoroughly. Flavor with vanilla. Pour into small molds or a single large one; place on ice to harden. Serve with cream, if allowed.

Coffee Jelly

$\frac{1}{2}$ box granulated gelatine	2 cupfuls clear strong coffee
	1 cupful sugar
2 cupfuls cold water	A pinch of salt

Put the water, sugar, gelatine, coffee, and salt into a double boiler; cook until the sugar and gelatine are dissolved. Pour into several small molds or into a single large one. When the jelly is cold, turn out; serve with cream, if allowed.

Orange or Lemon Jelly

$\frac{1}{2}$ box granulated gelatine	1 cupful orange or lemon juice
	1 cupful sugar
2 cupfuls cold water	A pinch of salt

Put all into a double boiler; cook until the sugar and gelatine are dissolved. Pour into several small molds or into a single large one. When the jelly is cold, turn out; serve with cream, if allowed.

Spanish Cream

1 quart milk	2 tablespoonfuls granulated gelatine
4 eggs	A pinch of salt

Put all into a double boiler, and place on fire; when hot, remove and pour over the beaten yolks of the eggs; return to the fire and stir constantly until the mixture begins to thicken. Then pour over the beaten whites; mix thoroughly. Pour into small molds or into a single large one; when cold, serve with cream, if allowed.

Russian Cream

1 pint milk	2 tablespoonfuls granulated
1 pint cream	gelatine
6 eggs	A pinch of salt

Put all except the eggs into a double boiler; bring to a boil; pour the mixture over the beaten yolks of the eggs; return to the fire and stir constantly until it begins to thicken. Then pour the mixture over the well-beaten whites; stir thoroughly; add half a cupful of sherry; turn into several small molds or into a single large one. When cold, serve with cream if allowed.

Rebecca Pudding

1 quart milk	4 eggs
$\frac{1}{2}$ cupful cornstarch	A pinch of salt
Sugar to taste	

Dissolve the cornstarch in a little of the milk; add the sugar and the dissolved cornstarch to the rest of the milk. Cook in a double boiler; stir constantly for 15 minutes, then occasionally during 15 minutes more. Add the beaten whites of the eggs, and one teaspoonful of vanilla; mix thoroughly; pour into molds. When cold, serve with soft custard. Use the yolks of the eggs, an additional pint of milk, a tablespoonful of sugar, and a pinch of salt to make the custard.

Baked Custard

1 pint milk	A pinch of salt
2 eggs	Sugar to taste

Beat the eggs thoroughly; add sugar and salt. Heat the milk; pour the milk slowly over the eggs; beat thoroughly and flavor. Pour into custard cups; stand the cups in a pan of hot water. Place in a very slow oven and bake until the custard will not stick to a knife; serve cold.

Caramel Custard

1 pint milk	A pinch of salt
2 eggs	Sugar to taste

Vanilla

Beat the eggs thoroughly; brown the sugar in a saucepan; add it to the heated milk; pour the milk over the eggs and beat thoroughly; flavor

with vanilla. Pour into custard cups; stand the cups in a pan of hot water. Place in a very slow oven and bake until the custard will not stick to a knife; serve cold.

Boiled Custard

1 quart of milk	A pinch of salt
3 eggs	$\frac{1}{2}$ teaspoonful of cornstarch
Sugar to taste	Flavoring

Heat the milk, cornstarch, sugar, and salt in a double boiler; pour the mixture over the beaten eggs; return to the fire and cook until it begins to thicken or clings to the spoon. Flavor with sherry, vanilla, or bitter almond; use as dessert or serve as a sauce.

Cold Cabinet Pudding

6 slices cake	3 eggs
1 pint milk	Sugar to taste
2 tablespoonfuls granulated gelatine	A pinch of salt
	Flavoring

Soak six slices of stale sponge cake, or six macaroons, or six lady fingers, in a cupful of cold milk. Put the pint of milk and the gelatine, sugar, and salt together; heat; pour the mixture over the well-beaten eggs; return to fire and cook until it begins to thicken. Again pour the mixture over the sponge cake, lady fingers, or

macaroons; flavor with sherry. Chopped maraschino cherries, Angelica citron sliced very thin, or raisins may be added. Pour into a mold; serve with cream, if allowed.

Rice Pudding

1 quart milk	Sugar (brown or granulated) to
$\frac{1}{2}$ cupful of rice	taste
Flavoring	A pinch of salt

Mix all of the ingredients in a baking pan. Bake slowly from four to six hours, stirring frequently. When done, the consistency should be that of thick cream. Serve hot or cold.

Bread Pudding

6 slices bread	A pinch of salt
2 quarts milk	Sugar to taste
4 eggs	

The bread should be a day old. Remove crusts from six slices; break the slices into medium-sized pieces, mix the milk, salt, sugar, and the well-beaten eggs. Soak the bread in the mixture for one hour. Bake in a moderate oven for one hour. When done, this pudding should be of the consistency of soft custard and not of whey. Serve hot or cold, with cream if allowed.

Irish Moss Blancmange

1 $\frac{1}{2}$ cups Irish moss	$\frac{1}{3}$ teaspoonful vanilla
2 cups cold water	2 teaspoonfuls sugar
A pinch of salt	

Soak the moss in cold water for 20 minutes; drain, and pick out any discolored parts. Heat the milk in a double boiler; add the moss; cook from 20 to 30 minutes or until the milk becomes slightly thickened; strain; add the salt and vanilla; dip the molds in cold water. Pour the mixture into a large mold or several small ones; then place on ice. Serve with cream or fruit juice.

Chocolate Blancmange

1 $\frac{1}{2}$ cupfuls Irish moss	$\frac{1}{3}$ teaspoonful vanilla
2 cupfuls cold water	2 teaspoonfuls sugar
1 or 2 squares milk chocolate	A pinch of salt

Soak the moss in cold water for 20 minutes; drain, and pick out any discolored parts. Heat the milk in a double boiler; add the moss and chocolate; cook from 20 to 30 minutes or until the milk becomes slightly thickened; strain; add the salt and vanilla. Dip the molds in cold water. Pour the mixture into one large or several small molds; then place on ice. Serve with cream.

Tapioca Cream

1 quart milk	2 tablespoonfuls sugar
2 tablespoonfuls granulated tapioca	1 pinch salt
	4 eggs

Put the tapioca, milk, salt, and sugar in a double boiler; bring to a boil, stirring frequently. Pour this mixture over the beaten yolks of the eggs; return to the fire; cook until it begins to thicken. Remove from the fire and pour the mixture over the well-beaten whites; stir thoroughly; flavor; serve cold.

Tapioca Jelly

1 cupful pearl tapioca	3 cupfuls sugar
A pinch of salt	Vanilla seasoning

Pour one cup of cold water over the tapioca; add a pinch of salt; allow to soak over night. Add five more cups of water; put in double boiler; cook for 20 minutes. Add the sugar and cook for 40 minutes longer. If the mixture seems too stiff, add a little more water. Remove from the fire; season with vanilla; when nearly cold, slice in half a lemon, very thin; put on ice. Serve with cream.

Clear Tapioca

1 cupful granulated tapioca	1 tablespoonful sugar
1 quart water	: 1 pinch salt
	Bitter almond

Pour a cupful of water over the tapioca and allow the water to be absorbed; add a quart of water, the sugar and salt. Cook slowly for six hours in a double boiler; add a few shavings of bitter almond and cook a few minutes longer. Serve with cream.

Junket

1 pint milk	1 pinch salt
1 tablespoonful sugar	1½ junket tablets
Flavoring	

Heat the milk, sugar, and salt until lukewarm; dissolve the junket tablets in a little cold water and stir into the warm milk; flavor with sherry or vanilla. Pour into saucers; allow to stand until firm; place on ice. Serve with cream.

Baked Apple

Select uniform medium apples. Peeling is optional. Wash and core; place in a rather shallow earthen baking dish. Fill the cavities of the apples with sugar and a small amount of butter; cover the bottom of the dish with water. Bake in a quick oven until soft, basting frequently with the syrup. Cover, if there is any danger of burning.

Apple Sauce

Select half a dozen apples, not too sour; pare and quarter. Place in a saucepan with a little

water; add a pinch of salt; allow to boil for five minutes. Add sugar to taste; cook for a few minutes longer or until the sugar is dissolved; serve hot or cold. Strained apple sauce is made in the same way, except that the apples are put through a sieve before the sugar is added.

Stewed Dried Apricots

Wash a third of a cupful of dried apricots and soak over night in enough water to cover; cook slowly in the same water until very soft. Add sugar to taste; allow to cook a few minutes longer or until the sugar is dissolved. They may be rubbed through a sieve and the white of an egg beaten to a stiff froth folded in. Serve hot or cold. This makes enough for one person.

Baked Pears

Wash and core the pears; put into an earthen baking dish with enough water to prevent burning; add a pinch of salt and a little sugar. Cover, and bake in a moderately hot oven from one to two hours or until the pears are soft.

Stewed Pears

Pare and cut into halves; cover with water to which a pinch of salt has been added; stew until tender. Sweeten to taste; boil five minutes longer; allow to cool; serve.

Stewed Apples and Pears

3 pears, 3 apples	1 pinch salt
9 large table raisins	

Pare and quarter the apples and pears; add the raisins. Cover with water; stew until tender. Sweeten to taste; boil five minutes longer; allow to cool; serve.

Baked Peaches

Wash the peaches thoroughly; put them into an earthen baking dish containing enough water to cover the bottom; bake in a moderate oven until the peaches are soft, basting frequently. When done, sprinkle each peach with a teaspoonful of sugar; cover dish until the sugar is dissolved.

Stewed Peaches

Make a syrup by boiling together half a cupful of sugar and half a cupful of water. Pare the peaches and drop them into the saucepan containing the syrup; add a pinch of salt; the peaches should be covered with syrup; cook until tender; serve cold with their own syrup.

Stewed Prunes

Thoroughly wash one pound of prunes; soak over night. Bring them to a boil in the water *in which they were soaked*; allow to simmer 30

minutes; add a little sugar and a pinch of salt. Cook until the sugar is dissolved; serve cold.

Prune Soufflé

2 cupfuls prune pulp . Whites of 2 eggs

Rub the cooked prunes through a coarse sieve; add sugar to taste; beat the whites of the eggs until very stiff and fold into the pulp. Put into a buttered baking dish; set the dish into a pan of hot water; bake in a moderate oven for 20 minutes.

Prune Whip

2 cupfuls cooked prune pulp Whites of 2 eggs

To two cups of prune pulp add the whites of two well-beaten eggs and sugar to taste. With a silver fork fold the beaten whites of eggs into the prune pulp until the mixture is smooth and light; add a pinch of salt. Place on ice; serve with cream.

Vanilla Ice Cream

2 eggs	1 $\frac{1}{2}$ cupfuls sugar
1 quart cream	1 pinch salt
$\frac{1}{2}$ cupful milk	Flavoring

To the beaten yolks of the eggs add a cupful of cream, and all of the milk, sugar, and salt. Put into a double boiler; cook until the mixture begins to thicken, stirring constantly. Pour the

mixture into the cream; add the beaten whites of the eggs; flavor with vanilla; freeze. This makes three pints of ice cream.

Coffee Ice Cream

Follow recipe for vanilla ice cream, but substitute one cupful of strong coffee for the vanilla flavoring.

Chocolate Ice Cream

Follow recipe for vanilla ice cream, but substitute two cakes of Peters' chocolate grated, for the vanilla flavoring.

Tea Ice Cream

Follow recipe for vanilla ice cream, but substitute one cup of strong tea for the vanilla flavoring.

Strawberry Ice Cream

2 eggs	2 cupfuls sugar
1 quart cream	1 quart strawberries
$\frac{1}{2}$ cupful milk	1 pinch salt

Flavoring

Put the strawberries through a fine wire sieve and set them aside. To the beaten yolks of the eggs add a cupful of cream, and all of the milk, sugar, and salt; put into a double boiler; cook until the mixture begins to thicken, stirring

constantly. Pour the mixture into the remainder of the cream; add the beaten whites of the eggs and the strained strawberry juice; freeze. This makes three pints of ice cream.

Raspberry Ice Cream

2 eggs	1 $\frac{1}{2}$ cupfuls sugar
1 quart cream	1 quart raspberries
$\frac{1}{2}$ cupful milk	1 pinch salt

Put the raspberries through a fine wire sieve and set them aside. To the beaten yolks of the eggs add a cupful of cream, and all of the milk, sugar, and salt. Put into a double boiler; cook until the mixture begins to thicken, stirring constantly. Pour the mixture into the remainder of the cream; add the beaten whites of the eggs and the strained raspberry juice; freeze. This makes three pints of cream.

Cooked-peach Ice Cream

2 eggs	1 $\frac{1}{2}$ cupfuls sugar
1 quart cream	1 pinch salt
$\frac{1}{2}$ cupful milk	Peaches for 1 pint of jam

Pare, and cut fine, enough peaches to make one pint of jam; cook until very soft. Add enough sugar to make quite sweet; cook a few minutes longer; allow to cool; beat the yolks of the eggs; add a cupful of the cream and all of

the milk, sugar, and salt. Put into a double boiler; cook until the mixture begins to thicken, stirring constantly. Pour the mixture into the remainder of the cream; add the beaten whites of the eggs and the peach jam; freeze. This makes three pints of ice cream.

Strawberry Water Ice

1 quart water	2 quarts strawberries
3 cupfuls sugar	2 lemons

Make a syrup of the water and sugar; boil two minutes or to a heat of 126 degrees Fahrenheit. Crush the strawberries; strain; add to the syrup with the juice of two lemons. Bring the whole mixture to the boiling point, 120 degrees Fahrenheit; allow to cool; freeze.

Raspberry Water Ice

1 quart water	2 quarts raspberries
3 cupfuls sugar	2 lemons

Make a syrup of the water and sugar; boil two minutes or to a heat of 126 degrees Fahrenheit. Crush two quarts of raspberries; strain; add to the syrup with the juice of two lemons. Bring the whole mixture to the boiling point; allow to cool; freeze.

Peach Water Ice

3 pounds peaches	1 quart water
1 $\frac{1}{2}$ pounds sugar	Juice of 2 lemons

Make a syrup of the water and sugar; boil two minutes. Pass the fruit through a sieve; add it to the hot syrup with the juice of the lemons; boil one minute longer; allow to cool; freeze.

Pineapple Water Ice

1 can pineapple	1 pint water
	3 cups sugar

Pour off the syrup; cut pineapple into small pieces; pour over the pineapple one pint of water; boil about five minutes; strain; add the syrup and sugar to the juice obtained by straining; boil about two minutes; cool and freeze.

CAKE**Sunshine Cake**

6 eggs	$\frac{1}{2}$ teaspoonful cream of
1 cupful granulated sugar	tartar
$\frac{2}{3}$ cupful flour	1 pinch salt
	$\frac{1}{2}$ cupful flour

Sift the flour and set it aside. Beat the yolks of five eggs thoroughly. Beat the whites of the six eggs (seven, if small) until half stiff; add the

cream of tartar and beat until very stiff. Stir in the sugar lightly; stir in the beaten yolks, then the flour; put into a moderately hot oven at once. The baking will take from 40 to 50 minutes.

Sponge Cake

5 eggs	Juice of $\frac{1}{2}$ lemon
1 cupful sugar	1 cupful flour
A pinch of salt	

Beat the yolks of the eggs until light colored and clear; add the sugar slowly, beating well; add the salt and the lemon juice, then the flour. Beat the whites of the eggs until very stiff; cut and fold them in lightly; bake in a moderate oven for one hour.

Angel Cake

The whites of 11 eggs	1 teaspoonful vanilla
1 $\frac{1}{2}$ tumblers granulated sugar	1 teaspoonful cream of tartar
1 tumbler flour	

Sift the flour four times; then add the cream of tartar; sift again. Beat the whites of the eggs to a stiff froth; beat in the sugar, then the flour lightly, then the vanilla. Beat thoroughly. Bake from 50 to 60 minutes, in a moderate oven.

Never Fail Cake

2 cupfuls white powdered sugar	3 cupfuls flour
$\frac{1}{2}$ cupful butter	2 teaspoonfuls cream of tartar
1 cupful milk	1 teaspoonful soda
5 eggs	

Work the butter and sugar to a cream; stir in the milk; add the flour, cream of tartar, and soda which have been sifted together; lastly, add the beaten whites. Make into three layers or a loaf. Bake in a moderately hot oven. Layers will take about 30 minutes; a loaf, about 45 minutes. The layers may be put together with any filling desired.

BEVERAGES**Tea**

Scald the teapot; drop into it one teaspoonful of tea. Pour over the tea two cupfuls of boiling water. Allow to stand one minute; serve immediately. Orange pekoe is best for invalids.

Coffee — Café des Invalides

For one cup of coffee, put a heaping tablespoonful of coffee, Mocha and Java mixed, into an ordinary coffee pot; add several washed egg shells and a cup and a half of cold water. Bring to a boil; pour a little cold water down the spout, allow to stand five minutes; serve.

Cocoa, No. 1

For one cup of cocoa, put two teaspoonfuls of Phillips' Digestible Cocoa into a saucepan; add one cupful of water. Boil 15 minutes; add a cupful of milk; boil two minutes longer. Allow to cool; strain through muslin or cheesecloth. Heat again; sweeten to taste; serve.

Cocoa, No. 2

Stir one heaping teaspoonful of Phillips' Digestible Cocoa into five ounces — a third of a pint — of cold water; boil 15 minutes; add a cupful of milk; boil two minutes. Cool; strain through fine linen; heat again; serve.

MEAT JUICES AND ALBUMINOUS DRINKS**Beef Juice, No. 1**

Remove all fat from one pound of round steak; cut it into small pieces. Put into a pan placed inside another pan containing hot water. Stir the meat constantly until white; put it into a beef press. Press the juice into a cup standing in a bowl of hot water; add a little salt; serve immediately.

Beef Juice, No. 2

Remove all fat from one pound of steak; cut it into very small pieces. Put into a glass jar

placed inside a saucepan containing cold water. Have a meat skewer or a folded paper under the jar to keep it from cracking. Heat gradually over a slow fire; remove from fire and allow the jar to stand in the hot water one hour. Strain off the juice; secure the remainder of it by putting the meat through the beef press. Salt to taste; serve hot or cold.

Lamb Broth

Take three pounds of lamb cut from the neck or shoulder; wash thoroughly; remove as much of the fat as possible; cut into small pieces. Put into a saucepan; cover with three pints of cold water to which a teaspoonful of salt has been added; allow to simmer three hours. Strain; allow to cool; remove all fat; heat again; serve hot, in cups.

Chicken Broth

Select a medium-sized young fowl; cut into small pieces; put into a saucepan; cover with cold water; add two teaspoonfuls of salt. Cook slowly for four hours; strain; allow to stand over night. Remove the fat; heat again; serve hot or cold in cups or soup bowls.

Orangeade

Juice of 1 orange	Cracked ice
$\frac{1}{2}$ glass of water	A little sugar

Strain the orange juice; add the water and sugar; pour over cracked ice in a glass. French Vichy may be used in place of the water.

Orange or Lemon Albumen

1 white of egg	2 teaspoonfuls sugar
Juice of 1 lemon or orange	$\frac{1}{3}$ glass of water
Fruit juice or vanilla	

Strain the white of egg through cheesecloth; beat it lightly. Mix it into the lemon or orange juice; add the water and sugar; serve cold. Where fruit juice is not allowed, a few drops of vanilla may be substituted; or the white of egg may be taken in a mixture of two thirds of a glass of milk and a third of a glass of French Vichy.

Hot Milk

Heat the milk in a double boiler; remove from the fire just before the boiling point is reached. Stir in a pinch of salt; serve immediately. Milk should always be taken in sips. Hot milk is conducive to sleep.

Peptonized Milk

Use Fairchild's Peptonizing Tubes and follow the directions that accompany them.

Milk and Egg

Beat one egg thoroughly and pour over it a glass of hot or cold milk. Add a pinch of salt.

Oatmeal Gruel

$\frac{1}{2}$ cupful oatmeal	4 cupfuls boiling water
	$\frac{1}{2}$ teaspoonful salt

Put the oatmeal into a double boiler; pour over it the boiling water to which the salt has been added; stir for three minutes. Cook from four to six hours, stirring occasionally. Strain; if too thick, add a little milk, water, or soup-stock. Serve hot or cold.

Farina Gruel

2 tablespoonfuls farina	2 cupfuls milk
2 cupfuls boiling water	$\frac{1}{2}$ teaspoonful salt

Prepare in the same manner as the oatmeal gruel.

JELLIES AND CANNED FRUIT**Canned Peaches**

The best peaches are the Georgia Belles and the Georgia Albertas. Pare the peaches. Into the bottom of the preserving kettle put a layer of sugar, then a layer of peaches; add alternate layers of sugar and peaches until the kettle is

full; allow to stand over night. In the morning the peaches will be covered with their own juice; boil until they can be pierced with a fork. Put them into clean jars; cover with hot syrup; seal, making sure that the jars are air-tight.

Apple Jelly

Use any sour apple. Wash the apples, removing stems and blossom ends; cut into small pieces. Put into a preserving kettle, add cold water till it comes near to the top of the apples; cover and cook gently until the apples are soft and clear. Mash the apples, leaving on them the little liquor that may remain after cooking; put into a sieve and drain into a jelly bag. The bag may be made of two or three thicknesses of cheesecloth. Avoid squeezing the bag; otherwise the jelly will be clouded. Boil the drained juice for 20 minutes. Take two cups of sugar for each pint of the boiled juice; heat the sugar; add it to the juice. Boil from 5 to 15 minutes; skim. Test by putting a teaspoonful of juice in a saucer to cool; if it jellifies at once, remove from the fire and pour into clean glasses.

Crab-apple Jelly

Prepare in the same manner as apple jelly.

Blackberry Jelly

Prepare in the same manner as apple jelly, but add some apples to the blackberries in order to secure better jelling.

Quince Jelly

Prepare in the same manner as apple jelly. Add some apples to the quince to secure a better consistency.

Canned Strawberries

Cap and wash the berries; allow them to drain in a colander. Cover the fruit with twice its volume of sugar; allow to stand over night. Boil for five minutes, stirring occasionally. Put in glass jars and seal air-tight.

Canned Raspberries

Prepare in the same manner as strawberries.

Canned Cherries

Prepare in the same manner as strawberries.

CHEESE DISHES

Protein and fat are the most important constituents of cheese, as of meat. Consequently cheese may often be substituted for meat, thus lessening the consumption of meat, securing a better-balanced diet, and providing variety.

Cheese Soufflé

2 tablespoonfuls butter $\frac{1}{2}$ teaspoonful salt
 2 tablespoonfuls flour A scant $\frac{1}{2}$ cupful grated
 $\frac{1}{2}$ cupful scalded milk cheese
 3 eggs

Melt the butter and mix thoroughly with the flour in a saucepan; add the scalded milk gradually; heat; add the salt and cheese; remove from fire; add the beaten yolks. Allow the mixture to cool; fold in the beaten whites. Pour into a buttered baking dish or into small cups; place in a slow oven for about 20 minutes. Serve at once, or the soufflé will not be light.

Philadelphia Cream Cheese Balls

1 cake Philadelphia $\frac{1}{4}$ cupful ground pecan
 cream cheese kernels

Mix thoroughly and make into balls. Serve with fruit salad or with crackers. The balls may be the size of an English walnut.

Cheese Fondue, No. 1

$1\frac{1}{2}$ cupfuls stale soft bread crumbs 4 eggs
 $1\frac{1}{2}$ cupfuls grated cheese (or $1\frac{1}{2}$ 1 cupful hot water
 cupfuls cheese cut into small $\frac{1}{2}$ teaspoonful salt
 pieces)

Mix the water, bread crumbs, salt, and cheese; beat the four yolks thoroughly and add them to

the mixture; beat the whites until stiff, and cut and fold them into the mixture. Pour into a buttered baking dish; bake for 30 minutes in a hot oven; serve at once.

Cheese Fondue, No. 2

1 $\frac{1}{2}$ cupfuls hot milk	4 eggs
1 $\frac{1}{2}$ cupfuls soft stale bread	$\frac{1}{2}$ cupful grated cheese
crumbs	(or 1 cupful cheese cut
1 tablespoonful butter	into small pieces)
	$\frac{1}{2}$ teaspoonful salt

Prepare as in the previous recipe.

Boiled Fondue

1 $\frac{1}{2}$ cupfuls bread crumbs	1 egg
1 $\frac{1}{2}$ cupfuls milk	2 tablespoonfuls
1 $\frac{1}{2}$ cupfuls cheese cut into small	butter
pieces	

Soak the crumbs in the milk. Melt the butter and add it to the cheese. Melt the cheese; add the soaked crumbs; beat the egg slightly and add it; add the seasoning. Cook a short time, that is, 15 or 20 minutes; serve on toasted crackers.

Rice Fondue

1 cupful boiled rice	1 cupful grated cheese
2 tablespoonfuls milk	$\frac{1}{2}$ teaspoonful salt
4 eggs	

Heat the rice and milk; add the other ingredients; cook slowly until the cheese is melted. Serve on toasted crackers or on bread toast.

Macaroni and Cheese

1 cupful macaroni broken	2 tablespoonfuls flour
into small pieces	$\frac{1}{2}$ pound cheese
2 quarts boiling salt water	$\frac{1}{2}$ teaspoonful salt
	1 cupful milk

Boil the macaroni in the salt water for four hours; drain in a colander. Make a sauce out of the flour, milk, cheese, and salt. (See Cheese Sauce, page 71.) Put the sauce and the macaroni, in alternate layers, in a buttered baking dish. Cover with buttered crumbs; bake until brown.

Baked Rice and Cheese

3 cupfuls cooked rice	2 tablespoonfuls flour
1 cupful milk	$\frac{1}{2}$ pound cheese
	$\frac{1}{2}$ teaspoonful salt

Make a sauce with milk, flour, cheese, and salt. Pour the cooked rice and the sauce in alternate layers, into a buttered baking dish. Cover with buttered bread crumbs; bake until brown.

Cheese with Potato Puffs

1 cupful mashed potato	1 egg
$\frac{1}{4}$ cupful milk	$\frac{1}{2}$ teaspoonful salt
	$\frac{1}{2}$ cupful grated cheese

Beat the potato and milk together until well mixed; add the egg and the salt; beat thoroughly; add the cheese. Bake in muffin tins in a slow, moderate oven for 10 or 15 minutes; serve at once.

Potatoes with Cheese Sauce

Cut boiled potatoes into cubes and serve with Cheese Sauce No. 1. (See page 71.)

Baked Eggs with Cheese

4 eggs	1 cupful fine, soft stale
1 cupful grated cheese	bread crumbs
	$\frac{1}{2}$ teaspoonful salt

Mix the crumbs, cheese, and salt. Break the eggs into a buttered baking dish or into ramekins; cook in a hot oven until they begin to turn white at the edge. Cover with the mixture of crumbs and cheese; put in a very hot oven till brown. There is danger that the eggs will be cooked too much before the cheese is brown. To avoid this, cover the eggs with a white sauce before adding the crumbs; also be sure to have the oven very hot. Serve hot in baking dish or ramekins.

Swiss Eggs

4 eggs	1 tablespoonful butter
$\frac{1}{2}$ cupful cream	$\frac{1}{2}$ teaspoonful salt
	$\frac{1}{2}$ cupful grated cheese

Heat the butter and cream together in a saucepan; break the eggs in whole; sprinkle with the salt; when nearly done, add the cheese. Serve on buttered toast, straining the cream, through fine sieve or cheesecloth, over the eggs and toast.

Cheese Omelet

2 yolks of eggs	1 cupful grated cheese
4 whites of eggs	$\frac{1}{4}$ teaspoonful salt
2 tablespoonfuls hot water	1 tablespoonful butter

Beat the yolks until light; add the hot water and the salt. Beat the whites of eggs until very stiff; add the cheese. Cut and fold the two mixtures together. In a small pan in which the butter has been heated, cook the mixture very slowly until brown on the under side. If possible make the top of the omelet brown by placing in the oven, or by keeping a heated plate over it. Serve at once.

Cheese Custard

1 cupful grated cheese	2 yolks of eggs
$\frac{1}{2}$ cupful rich milk	A pinch of salt

Mix the milk and cheese; heat until the cheese is melted; remove from the fire; add the beaten yolks; bake in buttered ramekins. Serve hot with jelly or with preserve, if desired.

Cheese Sauce, No. 1

1 cupful milk	$\frac{1}{2}$ cupful grated cheese
2 tablespoonfuls flour	$\frac{1}{4}$ teaspoonful salt

Thicken the milk with the flour; pour into saucepan; put over fire, stirring constantly until milk boils; just before removing from the fire stir in the cheese until melted; serve immediately.

This sauce is suitable to use over hard-boiled eggs or with poached eggs. Over toast, it makes a dish corresponding to creamed toast except for the presence of cheese.

Cheese Sauce, No. 2

Prepare in the same manner as No. 1, but mix two tablespoonfuls of melted butter with the flour before adding it to the milk. This sauce is very rich and has only a mild flavor of cheese.

TREATMENTS

THE following treatments, except the bath for cleanliness, should be given only when ordered by a physician.

Bath for Cleanliness

Assemble everything needed: large basin, a slop jar, hot and cold water, soap, wash cloths, bath and face towels, bath blanket, clean bedding and night dress, alcohol, and talcum powder. Towels and bedding should be well aired and warm. Use one basin for soapy water, and the other for clear water for rinsing, perfumed if desired. If two blankets are available, place one under the patient and the other over. If one blanket is to be used, place the patient in the center and bring each side up over the body. Begin by washing the face, neck, and ears; then wash the arms, chest, abdomen, legs, and back. Only the part being bathed should be exposed. Wash and dry; rub with alcohol.

Cold Sponge to Reduce Fever

Protect the bed with a rubber sheet covered with a muslin sheet or with large bath towels. Place an ice cap on the head. Soak cold cloths in a basin of ice water; wring them out; apply *to the throat, under the arms, and over the ab-*

domen; change the cloths frequently, passing them through the ice water. Make a cloth or sponge dripping wet in a solution of $\frac{1}{3}$ alcohol and $\frac{2}{3}$ water at a temperature of 50 to 55 degrees Fahrenheit; with this cloth moisten the body, beginning at the feet. Allow the moisture to evaporate; repeat the process until the skin feels cool. Remove all damp cloths and cover the patient lightly. Many who object to a cold bath and in whom it effects no decrease in temperature, will respond quickly to a hot sponge bath given in the same way.

Hot Pack

A simple way to apply a hot pack for reducing fever, or nervousness as well, is as follows: Protect the bed by placing under the patient a rubber sheet covered with a blanket. Put a large bath towel into a foot tub, and lay a light blanket over the towel. Pour very hot water over blanket and towel; wring as dry as possible by twisting in the opposite directions the two ends of the towel containing the blanket. Wrap the prepared blanket thoroughly around the patient, taking care that no part of the body touches another. Then draw the bed blanket and rubber sheet around the patient, placing hot water bags about, being careful that they do not touch the body. Cover with an extra blanket.

Place an ice bag on the head. While in the pack allow the patient to drink plenty of cool water. Allow to remain in the pack for about half an hour. Remove the pack; rub dry with warm towels.

A cold pack is given in the same way, but with water at a temperature of 50 to 60 degrees Fahrenheit. A hot water bag may be applied to the feet, if they are cold.

Salt Rub

Have the patient stand or sit in a bath tub containing about four inches of warm water. Spray the body with warm water; rub with ordinary salt, beginning with the feet, then rubbing the legs, arms, chest, abdomen, and back. Spray the body with cold water, then with warm, and again with cold. Rub dry with warm towels.

Poultices

A poultice is frequently used when long-continued moist heat or counter irritation is desired. Flaxseed is the most common basis for a poultice, although many other substances are used.

For a flaxseed poultice, take enough boiling water to make a poultice of the required size;

slowly add ground flaxseed, stirring constantly to prevent burning or lumping; when thick enough to drop from the spoon, remove from the fire and beat thoroughly. Spread about half an inch thick on a piece of old muslin; cover with a piece of cheesecloth several inches larger than the poultice, and fold the edges over. Carry the poultice to the patient, in a hot basin or wrapped in a hot towel. Test carefully against the back of the hand or cheek before applying; lower gently so that the heat will take effect gradually. Cover with absorbent cotton or oiled silk; fasten in place with a bandage or binder. A poultice should ordinarily be changed every two hours.

Mustard Plaster

Take one part mustard and two parts flour; mix to a smooth paste in tepid water. Spread on a piece of cloth; cover with thin muslin. Apply to the affected part until the skin is red, watching constantly to see that there is no blistering. Remove, and anoint the skin with cold cream or olive oil; cover the part with a soft cloth.

Enema

Place the patient well over on the left side, with right knee drawn up to the abdomen or

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